



# CULPEPER MINUTES

A Publication of the Culpeper County Board of Supervisors

ISSUE FIFTEEN

SPRING 2004

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This newsletter is a quarterly publication to the citizens of Culpeper County by the Board of Supervisors. It is designed to present and provide information about issues affecting those who live in Culpeper. Approximately 17,000 copies are distributed, one to each mail address in Town, County, and to each U.S. P.S. Box within the Town and County of Culpeper.

The newsletter is also available online at

[www.culpepercounty.gov](http://www.culpepercounty.gov)

Comments and suggestions may be emailed to: [dhoffman@culpepercounty.gov](mailto:dhoffman@culpepercounty.gov)

## A Message from the Board of Supervisors

Dear Citizens:

The year 2003 is now behind us. Looking back a year ago to the Spring 2003 edition of the Culpeper Minutes, I wrote that County business was moving at a brisk pace. I can certainly say that nothing has slowed down, in fact the pace of County business is continuing to increase. We are currently exploring ways to keep you, the citizen, up to speed with all that is going on. Advances in technology and use of the Internet is one way that we will seek to keep you involved in and aware of issues in our community.

A couple of items to keep an eye on are the Culpeper Community (Youth Sports) Complex, which has been designed and is out for bid, and the fast moving effort to construct a new high school. These are exciting projects which will be sources of pride for our community.

We have much to accomplish in 2004. Please do not hesitate to contact any of the members of the Board of Supervisors with your comments, concerns, or suggestions. Also, visit the County web site at [www.culpepercounty.gov](http://www.culpepercounty.gov). We hope you will find it informative.

For the Board,

John F. Coates, Chairman  
Board of Supervisors  
Salem District

Steven L. Walker, Vice Chairman  
East Fairfax

William C. Chase, Jr.  
Stevensburg

Sue D. Hansohn  
Catalpa

James C. Lee  
Cedar Mountain

Brad Rosenberger  
Jefferson

Steven E. Nixon  
West Fairfax

Meetings of the Board of Supervisors are held the first Tuesday of each month: at 10 a.m. for general County business and at 7 p.m. for a public forum, planning business and public hearings. Agendas are available prior to the meetings on the County web site at [www.culpepercounty.gov](http://www.culpepercounty.gov) and minutes are

## CULPEPER COUNTY 3<sup>rd</sup> HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY



### *PUT HAZARDOUS WASTE IN ITS PLACE!*

**WHEN?** SATURDAY, May 8, 2004  
9:00 a.m. – 3:00 p.m.

**WHERE?** Laurel Valley Solid Waste Transfer Station  
The Transfer Station is located about 4 miles Northwest of the Town of Culpeper. Take Route 522 West for 4 miles. Turn right on Route 638, and then make an immediate left onto Route 770 (Laurel Valley Road)

### WHAT HOUSEHOLD HAZARDOUS WASTES WILL BE ACCEPTED?

- |                                |  |
|--------------------------------|--|
| • Paints (latex and oil based) | • Acids  |
| • Paint Thinners and Solvents  | • Adhesives                                      |
| • Automotive Batteries         | • Household Cleaners                             |
| • Household Batteries          | • Oxidizers (such as pool chemicals and bleach)  |
| • Motor Oil                    | • Photographic Chemicals                         |
| • Antifreeze                   | • Unwanted fuels (such as gasoline and kerosene) |
| • Solid/Liquid Pesticides      | • Corrosives (such as ammonia and drain cleaner) |
| • Poisons                      | • Insecticides/Pesticides/Herbicides             |



These products make our lives easier, but they can harm our families, our pets and our environment, if not used and disposed of properly. Americans create about two million tons of household hazardous waste each year!

### WHAT WASTES WILL NOT BE ACCEPTED?

- WASTE FROM COMMERCIAL GENERATORS WILL NOT BE ACCEPTED
- Ammunition, explosives, compressed gas cylinders, and unidentifiable materials
- Biological, Medical or Radioactive Wastes

### HOW DO I PREPARE MY WASTE FOR TRANSPORT?

- Bring household hazardous waste in original containers or in clearly labeled, leak-proof containers, making sure lids are tight.
- If a container leaks, pack contents and container in a larger package and use an absorbent material, such as cat litter, to soak up the leak.

### WHY PARTICIPATE IN A COLLECTION EVENT?

The improper disposal of household hazardous waste cannot only harm the environment, but can also be a threat to human health. Hazardous waste does not belong in the garbage, toilet, storm drain, or on the ground. It can kill wildlife and pets, pollute the soil, threaten underground water reserves or be carried away by surface waters to lakes and streams.

For further information please contact:  
Culpeper County Department of Environmental Services  
(540) 727-3409

**Legislative Contacts**

Delegate Edward T. “Ed” Scott (R)  
30th District  
Commonwealth of Virginia  
House of Delegates  
206 South Main Street, Suite 203  
Culpeper, VA 22701  
(540) 825-6400  
DEL\_ESCOTT@HOUSE.STATE.VA.US

Senator R. Edward (Edd) Houck (D)  
17th District  
Commonwealth of Virginia Senate  
P O Box 7  
Spotsylvania, VA 22553-0007  
(540) 786-2782  
ehouck@adelphia.net

The Honorable Eric Cantor  
7th District  
United States Congress  
763 Madison Rd #207  
Culpeper, VA 22701  
Phone: (540) 825-8960  
<http://www.house.gov/cantor>

**Frequently Requested Telephone Numbers**

**Sheriff’s Office    727-3400**  
**Health Department    829-7350**  
**Culpeper Post Office    829-8435**  
**Department of Motor Vehicles    866-368-5463**  
**Landfill    825-8559**  
**Social Security Office    825-3501**

**Culpeper County  
Board of Supervisors**

To contact your Supervisor,  
you may email:  
[supervisors@culpepercounty.gov](mailto:supervisors@culpepercounty.gov)  
or call the County  
Administration Office at  
727-3427, or call directly  
as follows:

**Chair**  
**John F. Coates**  
**547-2619**  
Salem District

**Vice Chair**  
**Steven L. Walker**  
**825-7716**  
East Fairfax District

**William C. Chase, Jr.**  
**399-1218**  
Stevensburg District

**Sue D. Hansohn**  
**825-1893**  
Catalpa District

**James C. Lee**  
**825-0775**  
Cedar Mountain District

**Brad C. Rosenberger**  
**937-4928**  
Jefferson District

**Steven E. Nixon**  
**825-5768**  
West Fairfax District

**The Board meets  
the 1st Tuesday  
of each month  
10 a.m.  
General County Business  
7 p.m.  
Public Forum  
Planning Business  
Public Hearings**

Agendas are available prior  
to Board Meetings on the  
County Web site at  
[www.culpepercounty.gov](http://www.culpepercounty.gov)  
and in the  
Culpeper County Library

# Culpeper County Parks and Recreation 2004 Spring Schedule

## ATHLETICS

### Culpeper SOLE Runners

Meet new friends and put some **SOLE** between yourself and the road. The Culpeper Running Club allows beginners and advanced runners to train in a social setting. For more information stop by or register by mail. Come out and train with us.  
*Running Coordinator: Lisa Phelps*  
*Location: Ask upon registration (Rotating)*  
*Fee: \$20 per person*

### Family Tae Kwon Do Levels I & II

Tae Kwon Do is the ageless Korean martial art that offers **Fitness, Self-Defense** and **Self-Confidence** to every member of the family from school age to the eldest. This is a “beginners” class offered as introduction to “*The Way of the Hand and Foot.*” Each class member progresses at his/her own rate. Tae Kwon Do focuses on personal development of mind and body. To say that it is **just** self-defense would be to lose most of the valuable ideals and philosophy behind this ancient art. Personal development has never been so much fun!  
Tuesdays and Thursdays  
April 6<sup>th</sup> & 8<sup>th</sup>—June 8<sup>th</sup> & 10<sup>th</sup>  
6:00 p.m. – 7:00 p.m.  
*Instructor: American Taekwondo Association*  
*Location: G. W. Carver-Piedmont Education Center*  
*Fee: \$65 per person*

### Ultimate Frisbee Pick-up League

This fast-paced team game is a hybrid between Frisbee and Football, without the tackling. All ages and skill levels are encouraged to participate. Instruction, rules, and lessons will be provided. This team sport is a great cardiovascular workout that will take place in a positive social atmosphere.  
Thursdays, April 29<sup>th</sup> – June 3<sup>rd</sup>  
5:00 p.m. – 7:30 p.m.  
*Lead Volunteer: Jason Cook*  
*Location: Sycamore Park Elementary School Field*  
*Fee: \$20 per person*

### Weight Training

Tone your mind and body, increase your strength and flexibility by using free weights and a circuit training system. Learn proven techniques and form to increase your overall well-being. Living well is life’s best revenge!  
Tuesdays and Thursdays April 5th – May 28<sup>th</sup>  
7:00 p.m. – 8:00 p.m.  
*Instructor: Greg Martz*  
*Location: Culpeper High School*  
*Fee: \$25 per person*

### Youth Soccer Skills

Learn the fundamentals of the “World’s” most popular game. Enjoy dribbling, kicking, passing. All skills will be brought into a game environment at the end of the training session.  
Fridays, May 14<sup>th</sup> – June 18<sup>th</sup>  
5:30 p.m. – 7:00 p.m.  
*Instructor: Judy Watson*  
*Location: Floyd T. Binns Middle School*  
*Fee: \$30 per person*

### Adult Volleyball

Come on out and join the fun! It is time to increase your fitness and meet new people.  
Let’s play some VOLLEYBALL!  
Thursdays, April 1<sup>st</sup> – June 3<sup>rd</sup>  
6:30 p.m. – 8:30 p.m.  
*Lead Volunteer: Kevin Mozingo*  
*Location: Emerald Hill Elementary School*  
*Fee: \$40 per person*

## SPECIALIZED CLASSES

### American Heart Association CPR (Adult)

Class focuses on chain of survival, choking, and symptoms of a heart attack. Perform the actual skills of CPR.  
Sunday, April 18<sup>th</sup>  
2:00 p.m. – 6:00 p.m.  
*Instructor: Verna Mae Bretschneider*  
*Location: 303 N. Main Street, 2<sup>nd</sup> Floor*  
*Fee: \$25 per person*  
Note: Book and Certification Card Included

### American Heart Association CPR (Infant/Child)

Class focuses on chain of survival, choking and prevention of accidents.  
Sunday, April 25<sup>th</sup>  
2:00 p.m. – 6:00 p.m.  
*Instructor: Verna Mae Bretschneider*  
*Location: 303 N. Main Street, 2<sup>nd</sup> Floor*  
*Fee: \$25 per person*  
Note: Book and Certification Card Included

### American Safety Health Institute (ASHI) First Aid and Safety

Topics to be discussed are heart attack, stroke, diabetes, seizures, severe bleeding and more. Practical experience will include splinting, bandaging, choking recovery and more.  
Sunday, May 26<sup>th</sup>  
2:00 p.m. – 7:30 p.m.  
*Instructor: Verna Mae Bretschneider*  
*Location: 303 N. Main Street, 2<sup>nd</sup> Floor*  
*Fee: \$25 per person*  
Note: Book and Certification Card Included



## TECHNOLOGY

### Web Design

Start adding your piece to the virtual book called the World Wide Web. This class will teach you the basics from scratch to finish - how to design and post a web page. Minimal computer experience is required.  
Wednesdays, April 14<sup>th</sup> – May 19<sup>th</sup>  
6:00 p.m. – 7:30 p.m.  
*Instructor: Janice Estep*  
*Location: G.W. Carver- Piedmont Education Center*  
*Fee: \$30 per person*

### Digital Photography

This new age class focuses on the use and functions of a digital camera. The various types of equipment on the market will be discussed and you will learn what type of equipment will fit your photographic needs.  
Mondays, April 12<sup>th</sup> – May 17<sup>th</sup>  
6:30 p.m. – 8:15 p.m.  
*Instructor: Brian Ashdown*  
*Location: G.W. Carver-Piedmont Education Center*  
*Fee: \$35 per person*  
Special Note: If you have your own digital camera, feel free to bring it, although it is not a requirement.

### Advanced Digital Photography

This in-depth look at the subtle workings of a digital camera and its functions are what you need to take your photography into a new era. Learn more about using a digital camera in a photographic environment, so you can digitally master your best work.  
Mondays, April 12<sup>th</sup> – May 17<sup>th</sup>  
8:30 p.m. – 9:45 p.m.  
*Instructor: Brian Ashdown*  
*Location: G. W. Carver-Piedmont Education Center*  
*Fee: \$35 per person*  
Special Note: If you have your own digital camera and/or laptop feel free to bring it, although it is not a requirement.



MUSIC

Basic Voice Theory & Picking Techniques

An evolution from beginning guitar, this class will introduce various methods of picking patterns to enhance the playing of the modern guitar. In addition, basic voice theory will be taught to provide a practiced student the ability to sing and play at a higher level.

Wednesdays, April 14<sup>th</sup> – May 26<sup>th</sup>

6:30 p.m. – 8:30 p.m.

*Instructor:* **Thom Shotwell**

*Location:* Sycamore Park Elementary School

*Fee:* \$45 per person, own guitar is required!!!

Beginning Bass Guitar

Lay down the rhythm for the rest of the band to feed off. Learn the bass guitar. This class is a basic introductory course in bass playing. In addition to jamming you will acquire skills in music reading and theory. Class will cover styles such as Country, Bluegrass, Rock ‘n Roll, Blues, Jazz...etc.

Thursdays, April 15<sup>th</sup> – May 27<sup>th</sup>

6:00 p.m. – 8:00 p.m.

*Instructor:* **Greg Harpine**

*Location:* Sycamore Park Elementary School

*Fee:* \$51 per person

DANCE

Swing Dance

Does the music of the big band era get your feet stomping and your head bobbing? We have just the thing for you! This class will teach you the popular styles of the big band dance era. Come alone or bring a friend or family member. It promises to be fun!

Tuesdays, April 6<sup>th</sup> – May 25<sup>th</sup>

7:00 p.m. – 8:00 p.m.

*Instructor:* **John Gentile**

*Location:* The Depot

*Fee:* \$40 per person (10% discount offered to pairs)

Ballroom Dance

Have you always wanted to learn how to dance? This class will teach you a number of the elegant dance steps seen in many of the world’s finest ballrooms. Try the Waltz, Cha-cha, Rhumba and Fox Trot, along with many others.

Tuesdays, April 6<sup>th</sup> – May 25<sup>th</sup>

8:00 p.m. – 9:00 p.m.

*Instructor:* **John Gentile**

*Location:* The Depot

*Fee:* \$40 per person (10% discount offered to pairs)

Country Western Dancing

Have you always wanted to learn how to do the country two-step and country waltz? Come out and try this fun filled class of country specialty dances.

Tuesdays, April 6<sup>th</sup> – May 25<sup>th</sup>

9:00 p.m. – 10:00 p.m.

*Instructor:* **John Gentile**

*Location:* The Depot

*Fee:* \$40 per person (10% discount offered to pairs)

Ballet, Tap, & Jazz

Join our dance classes and be a part of our spring recital. Classes are available for ages 4 and up with different skill levels available. The forms of dance taught are determined by the skill level of each class. Scheduling of classes is Monday, Wednesday, Friday, and Saturday with different times for each class. Classes are held on a weekly basis and fees are collected monthly. The ranges of fees are \$30 - \$40 a month per class. Further information will be provided by the instructor.

NOTICE: The Following Classes will BEGIN IN SEPTEMBER

- AGES 4 – 5 BALLET AND TAP:** Class will meet every Friday from 5:30 – 6:30 p.m. \$30 per month
- AGES 6 – 8 BALLET AND TAP:** Geared towards the beginner or intermediate student. Class will meet every Friday from 6:30 – 7:45 p.m. \$35 per month
- AGES 9 – 11 BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Wednesday from 5:30 – 6:45 p.m. \$35 per month
- AGES 9 – 11 INTERMEDIATE TO ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Monday from 5:30 – 7:00 p.m. **At least two years prior dance instruction is necessary for this class.** \$40 per month
- AGES 12 AND OLDER BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Monday from 7:00 – 8:30 p.m. \$40 per month
- AGES 12 AND OLDER INTERMEDIATE/ ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Saturday from 11:00 – 12:30 p.m. **At least two years prior dance instruction is necessary for this class.** \$40 per month  
*Instructor:* **Lorrie Kilby**  
*Location:* 303 N. Main St., 2<sup>nd</sup> floor.

FLORAL FUN

Floral Design

Let your creativity blossom. Start with a very basic basket centerpiece and graduate to a European garden look and an arrangement with Oriental flair. You will have something beautiful to take home every week.

Wednesdays, April 7<sup>th</sup> – May 12<sup>th</sup>

7:00 p.m. – 9:00 p.m.

*Instructor:* **Liza – Jo**

*Location:* 303 N. Main St, 2<sup>nd</sup> Floor

*Fee:* \$60 per person

AGES AND STAGES

Tot Time

Time to get your child involved with others in a social atmosphere. Sign your child up to participate in a wide variety of activities that will allow them to increase their social and play skills. Parents, stay, meet new friends and enjoy a playful atmosphere. Children ages 2 – 4. Mondays and Wednesdays

Jan 26<sup>th</sup> & 28<sup>th</sup> – Mar 8<sup>th</sup> & 10<sup>th</sup>

10:00 a.m. – 11:00 a.m.

*Instructor:* Dr. Harnum (a.k.a. Lisa Lenig)

*Location:* Hazel River Armory, E. Davis St.

*Fee:* \$30 per person

Positive Parenting

Learn to enjoy your child more by learning effective parenting skills. A question and answer group led by Dr. Harnum. Topics will address a variety of issues that occur in different social settings. Class participation is greatly encouraged. Childcare will be provided during these sessions.

Mondays and Wednesdays

Jan. 26<sup>th</sup> & 28<sup>th</sup> – Mar. 8<sup>th</sup> & 10<sup>th</sup>

11 a.m. – 12 noon

*Instructor:* Dr. Harnum (a.k.a. Lisa Lenig)

*Location:* Hazel River Armory, E. Davis St.

*Fee:* \$35 per person

Multi-Level Workout Class

A fun workout program that will get your blood flowing and muscles working! Program uses light weights, chair exercises, hand movements and low-impact aerobics for those at the young **age of 55 and up.**

Class is ongoing through May

Mondays and Thursdays, Sept. 8<sup>th</sup> – May 29<sup>th</sup>

10:30 a.m. – 11:30 a.m.

*Instructor:* Maggie Corradi

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$4 per person/class

Seated Fitness

This is a gentle workout that incorporates cardiovascular strength, muscular strength, range of motion, and flexibility while seated in a chair. Please bring your own water and towel. These aerobic movements are geared towards those 50 years and older.

Wednesdays, April 7<sup>th</sup> – May 26<sup>th</sup>

2:00 p.m. – 3:00 p.m.

*Instructor:* **Sharon Steele**

*Location:* Culpeper County Library (Large Meeting Room)

*Fee:* \$20 per person

Contact Parks and Recreation at 540-727-3412  
www.culpepercounty.gov

Culpeper County Parks and Recreation Spring Schedule (continued)

ARTS & CRAFTS

Oil Painting

Learn the basics of painting from how to prepare a canvas to composition, color mixing and completion of desired imagery. Classes are taught in oils but those already working in acrylics may bring them. Minimal-shared paint set provided, but personal materials are preferred for your own intent and development. Age not important, but serious interest is. Tuesdays, April 6<sup>th</sup> – May 25<sup>th</sup>  
6:30 p.m. – 8:30 p.m.  
*Instructor:* **Linda Ramer**  
*Location:* George Washington Carver Piedmont Educational Center  
*Fee:* \$55 per person

Drawing

Ever have an image in your mind that needs to be displayed? Want to learn the basics of capturing images, contouring, shading, and movement sketching? If so, then this class is for you. The last two classes will combine the above skills to develop a finished life portrait or composition. Sketch loose, live free. Thursdays, April 8<sup>th</sup> – May 13<sup>th</sup>  
7:00 p.m. – 8:00 p.m.  
*Instructor:* **Linda Ramer**  
*Location:* George Washington Carver Piedmont Educational Center  
*Fee:* \$40 per person

Beginning Quilting

Homespun charm with modern technology, learn how the basics of quilting work with today’s equipment. Learn sewing maneuvers with different designs and angles. Wednesdays, April 21<sup>st</sup> – May 26<sup>th</sup>  
10:00 a.m. – 12:00 noon  
*Instructor:* **Joyce Calhoun**  
*Location:* 303 N. Main St., 2<sup>nd</sup> Floor  
*Fee:* \$35 per person

Watercolor Painting

This watercolor class is for beginners and those who want to brush up on the finer points of painting. You will learn what to use and how to use it from an instructor with over 30 years of exhibiting and 3 years of teaching experience. This is the class that will provide you with years of joy and creativity. Wednesdays, March 31<sup>st</sup> – May 5<sup>th</sup>  
1:00 p.m. – 4:00 p.m.  
*Instructor:* **Millie Allen Lane**  
*Location:* 303 N. Main St., 2<sup>nd</sup> floor.  
*Fee:* \$100 per person  
*\*Materials not included.*

FOUR-FOOTED FRIENDS

White Buffalo: HORSE GROUND TRAINING

This class will deal with the progressive training of the horse from the ground. Class will teach how to address the horse in a positive, dominant manner and build on that relationship to develop the responses desired in training.  
  
Skills covered: Handling, Leading & Longeing,  
How a Horse Learns,  
Work in Hand,  
Parallel Leading & Parallel Longeing,  
and Longeing on Circle.  
Mondays, May 10<sup>th</sup> – June 14<sup>th</sup>  
6:30 p.m. – 7:30 p.m.  
*Instructor:* **Judy Watson**  
*Location:* White Buffalo Farm  
*Fee:* \$70 per person

Dog Obedience

Do you have a new puppy that is in need of some manner training? What about an older dog that could use a refresher course? We offer two different classes for all of your doggy needs.  
A. Puppy Basic – This class teaches basic commands, socialization and dog attention. Recommended for puppies.  
Tuesdays, 10:00 a.m. – 11:00 a.m. April 6<sup>th</sup> – May 25<sup>th</sup>  
Tuesday Nights, 6:30 – 7:30 p.m. April 6<sup>th</sup> – May 25<sup>th</sup>  
B. K-9 Good Citizen – This class will give you 10 steps to help your dog gain confidence and control.  
Tuesdays, 11:00 a.m. – 12:00 p.m. April 6<sup>th</sup> – May 25<sup>th</sup>  
Tuesday Nights, 7:30 p.m. – 8:30 p.m. April 6<sup>th</sup> – May 25<sup>th</sup>  
*Instructor:* **Betty Ann Howell**  
*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor  
*Fee:* \$75 per dog participant

Ride Horseback at Andora Farms

Experience the true meaning of Horsepower. Sign up for Western Style horseback riding lessons today. Lesson programs can accommodate anyone from the seasoned rider to someone wanting to enjoy the experience for the first time. Each person will receive personal attention from the instructor, and a quality horse will be provided. Lessons will be held in the large lighted arena with bathroom and shower facilities on site. **Space is limited.** Families are encouraged to stay and watch their loved ones participate. Class dates and times are listed below. Find the appropriate age and riding level needed and register today.  
*Instructor:* **Andora Staff**  
*Location:* Andora Farms, Rt. 3 West  
Left-hand side 2 miles outside of town.  
*Fee:* \$125 per person  
  
Stable 1: Tuesdays, April 6<sup>th</sup> - May 4<sup>th</sup> 4 p.m. – Child beginner (ages 8 – 12)  
Tuesdays, April 6<sup>th</sup> - May 4<sup>th</sup> 5 p.m. – Young Adults Beginner (ages 13 – 18)  
  
Stable 2: Wednesdays, April 7<sup>th</sup> - May 5<sup>th</sup> 4 p.m. – Trail Riding (ages 13 & up)  
Wednesdays, April 7<sup>th</sup> - May 5<sup>th</sup> 5 p.m. – Young Adult Beginner (ages 13 – 18)  
Wednesdays, April 7<sup>th</sup> - May 5<sup>th</sup> 6 p.m. – Adult Beginner (ages 18 & up)  
  
Stable 3: Thursdays, April 8<sup>th</sup> – May 6<sup>th</sup> 4 p.m. – Trail Riding (ages 13 & up)  
Thursdays, April 8<sup>th</sup> – May 6<sup>th</sup> 5 p.m. – Child Beginner (ages 8 – 12)  
Thursdays, April 8<sup>th</sup> – May 6<sup>th</sup> 6 p.m. – Adult Beginner (ages 18 & up)

Culpeper County Parks and Recreation Spring Schedule (continued)

PUREFITNESS: Aerobics / Step Class

The PUREFITNESS Aerobics / Step Class consists of three different workouts. Each class works a different muscle group and increases confidence every step of the way. The different workouts are listed below. Day Care is provided!

**Lo N’ Lean:** A low impact, high intensity workout for all populations, especially beginners to exercise. Cardio, strength, flexibility and stretching complete this incredible yet relaxing workout. *(Mondays)*

**Interval / Weighted Step:** This workout combines intervals of Step with light hand held weights and strength training in intervals using Dynabands, Theratubes, and weighted bars. ALL LEVELS *(Wednesdays)*

**Total Body Conditioning:** Re-contour your body through muscle strengthening and shaping resistance exercises using hand weights, tubing, Body Bars, Exerballs and Dynabands. Improve muscular endurance; correct body alignment and help prevent injury. ALL LEVELS *(Fridays)*

Continuing Enrollment: M, W, F  
Mar. 22<sup>nd</sup> – June 11<sup>th</sup> 9:00 a.m. – 10:00 a.m.

*Instructor:* **Leslie Maryk**  
*Location:* PUREFITNESS: 509 S. Main St. Suite 131  
*Fee:* \$30 month for 3 classes per week *(paid through Parks and Recreation)*  
*Daycare:* \$2 per hour / per child, *(to be paid at PUREFITNESS)*

Purefitness Yoga

This class is perfect for those who are looking to increase muscular strength, endurance, flexibility, balance, and coordination. Ashtanga, Inyengar, and Anusara postures are taught in a simple yet invigorating style to unleash the athlete inside of you. The class also focuses on postures that decrease risk of injury and improve athletic performance for all sports.

INTERMEDIATE LEVELS  
Wednesdays, April 7<sup>th</sup> – May 12<sup>th</sup>  
6:40 p.m. – 7:45 p.m.

*Instructor:* **Purefitness Staff**  
*Location:* PUREFITNESS: 509 S. Main St. Suite 131  
*Fee:* \$75 per person (if you sign up for **Gentle YOGAFIT™** also)  
\$50 per person (for **Purefitness Yoga** only)  
When registering please indicate on registration form if you are signing up for 1 class per week or two classes per week. Note the price difference above.

Purefitness Gentle YOGAFIT™

An energizing yet relaxing class for those who wish to increase flexibility and range of motion. Hatha and Anusara postures are linked together in a flowing sequence to increase mental clarity, decrease stress, and rejuvenate the body and mind. ALL LEVELS  
Mondays, April 5<sup>th</sup> – May 10<sup>th</sup>  
6:40 p.m. – 7:45 p.m.

*Instructor:* **Purefitness Staff**  
*Location:* PUREFITNESS: 509 S. Main St. Suite 131  
*Fee:* \$75 per person (if you sign up for **Purefitness Yoga** also)  
\$50 per person (for **Gentle YOGAFIT™** only)  
When registering please indicate on registration form if you are signing up for 1 class per week or two classes per week. Note the price difference above.

Purefitness Pilates

A unique method of body conditioning which strengthens and tones muscles, improves posture, provides flexibility and balance, and creates a more streamlined shape. Instructor utilizes PowerRings, Flexaballs, and bands during classes. ALL LEVELS

Tuesdays & Thursdays, April 6<sup>th</sup> & 8<sup>th</sup> - May 11<sup>th</sup> & 13<sup>th</sup>  
10:15 a.m. – 11:00 a.m.

*Instructor:* **Purefitness Staff**  
*Location:* PUREFITNESS: 509 S. Main St. Suite 131  
*Fee:* \$75 per person

Answers to Frequently Asked Questions.....

Department and Class Closings....

The Parks and Recreation Department will be closed on all County holidays. Classes are cancelled for inclement weather if the school decides to close for inclement weather. The Parks and Recreation Department reserves the right to close a class at any time for any reason.

Registration Policy...

Registration for all of our recreation activities can be done at the Department’s Main Office, located at 155 W. Davis Street, Suite 100. You can also mail in the registration form located in the *Culpeper Minutes* along with your payment. All registered participants will be notified and given a complete refund if the program is cancelled. No phone registration will be accepted. Pre-registration is suggested, as all of our classes are limited in size. We accept cash and checks made out to Culpeper County Parks and Recreation. At this time we do not accept credit cards for payment.

What!?! The class is cancelled.

Sorry, but sometimes excellent courses with awesome instructors are cancelled, if everyone waits until the last minute to register. We make a decision approximately 4 days prior to a course start date to allow for proper preparations. Minimum class numbers must be registered at that time to avoid cancellation. Please register early to avoid disappointment for yourself, others, and the instructor.

Oops!!!

The Culpeper County Parks and Recreation Department staff has made every effort to prepare this section of the *Culpeper Minutes* as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Culpeper County Parks and Recreation Department reserves the right to make any such adjustments. The Parks and Recreation Department apologizes for any inconvenience these errors or adjustments may cause.

Contact Parks and Recreation at  
540-727-3412  
www.culpepercounty.gov



## *Culpeper County Parks and Recreation (continued)*

### County Parks and Recreation at a Glance

The Culpeper Community Complex construction is on its way! The Invitation to Bid announcement was advertised on Sunday, December 21, 2003 in the Star Exponent. Sealed bids for the construction of the Complex were to be received by the end of January. The contract is anticipated to be awarded to the successful bidder by March 2004 with construction beginning soon afterwards, weather permitting.

In support of the Community Complex project, the Culpeper Recreation Foundation will partner with local soccer, football and baseball youth associations to raise monies needed to cover expenses for additional field amenities not covered under the bond issue. Battlefield Ford and Mercury of Culpeper have graciously proposed a raffle of a brand new Ford or \$20,000 in cash. The winner can select one of four vehicles available through Battlefield Ford. Youth associations will be actively selling the raffle tickets at fifty dollars (\$50) per ticket. The drawing to select a winner will be held on Saturday, November 20, 2004 at Battlefield Ford and Mercury of Culpeper, James Monroe Highway.

#### **COMMUNITY YARD SALE**

Sponsored by the  
Culpeper Recreation Foundation and  
Culpeper County Parks and Recreation Department

#### **Proceeds to benefit the Culpeper Community Complex**

The Yard Sale will be held at Floyd T. Binns lower parking lot,  
Saturday, May 8, 2004 beginning at 8 a.m. to 1 p.m.

Parking slots will be available for \$15 per slot  
(first come – first served for slots and selection).  
Requests will be accepted at the Parks and Recreation office from  
**8:30 a.m. to 4:30 p.m. Monday thru Friday.**

#### **RAIN or SHINE**

**Reasonable donations for sale will be accepted by the  
Parks and Recreation Department.**

The Culpeper Recreation Foundation in cooperation with Culpeper County Parks and Recreation will sponsor a Community Yard Sale on Saturday, May 8, 2004 at Floyd T. Binns lower parking lot. This is an opportunity for residents to clean their basements and garages of unwanted goods, and make some money while supporting a great cause! Parking slots will be available for \$15 dollars per slot. Registration is ongoing and will be held at Culpeper County Parks and Recreation office at 155 W. Davis from 8:30 a.m. to 4:30 p.m., Monday through Friday. Interested participants can select their particular slot on a first come – first served basis at time of registration. All proceeds go towards building the Culpeper Community Complex.

Preparations are underway for a much-needed facelift of the basketball courts between Floyd T. Binns and Sycamore Park Elementary schools. The Town of Culpeper, Culpeper County and Culpeper County School system have banded together to repair the courts that have been sitting idle for the past several years. School personnel are presently seeking bids in order to perform the resurfacing work. Weather permitting, the basketball courts will be available for community use and organized activities this summer.

The Parks and Recreation Department expects to see an increase in community usage at Spilman Park in 2004. The much awaited 2,200 linear foot trail system will be open to the public in the spring, providing residents with a serene natural setting for walking or jogging. The trail system will complement the already existing pavilion and preschool playground unit at the park. In 2003, the park experienced a 44% increase in pavilion reservations over 2002. The Parks and Recreation Department expects to double that amount in 2004.

The County Parks and Recreation Department Advisory Committee and staff will be combining efforts to develop future plans for the County parks. A much needed park strategic plan is necessary to identify successful past activity and guide development and planning for the future. A strategic planning process is essential in organizing the department's vision, mission, goals and objectives and relating them to an action plan. The plan will serve as a guide to give the Parks and Recreation Department direction and a timeline necessary in preparation to work with the anticipated growth of the County.

**Call Parks and Recreation 540-727-3412    [www.culpepercounty.gov](http://www.culpepercounty.gov)**



Culpeper Parks and Recreation Program Registration

How to Register

By Mail

- Complete a registration form and mail with payment to Culpeper County Parks and Recreation, 155 W. Davis Street, Suite 100, Culpeper, Virginia 22701. Please include a self-addressed, stamped envelope if **you require** registration confirmation.

Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).

Additional Registration and Program Information

Registrations:

- Registrations are welcome upon distribution of class information.
- Walk-in registrants will be given priority over mail-in registrants.
- Telephone registrations will *not* be accepted.

Refunds:

- A pro-rated refund (less \$3 processing fee) will be issued if Parks and Recreation Department has been notified by the first class date.
- Refunds for one-day activities and all bus/van trips are not possible during or after the event. Full bus trip refunds are given if substitute(s) can be found before the trip date.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Full refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public schools cancel or close early, for inclement weather, natural disasters or other occurrences.
- Please listen to the following radio stations for closing announcements: WC103FM, WCVA, 92.5 AM, WGRQ, 95.9 FM and WGRX, 104.5 FM.

Parks & Recreation Registration Form

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Program Name \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Cost \_\_\_\_\_

Amount Paid \_\_\_\_\_ Cash \_\_\_\_\_

Balance Due \_\_\_\_\_ Check \_\_\_\_\_

Date Paid \_\_\_\_\_

**Assumption of Risk and Release:** In agreeing to participate in the program, as an adult participant or as a parent or a guardian of a participant, I and/or the participant do hereby affirm that the general health of participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.

In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.

It is likewise assumed and agreed that the participant will, at their own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.

\_\_\_\_\_  
Participant, Parent, Guardian Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
Date

**Culpeper Parks and Recreation, 155 West Davis St., Suite 100 Culpeper, Virginia 22701**

**Phone: (540) 727-3412**

**Fax: (540) 727-2802**

**Website: [www.culpepercounty.gov](http://www.culpepercounty.gov)**

*Culpeper County Parks and Recreation 155 West Davis Street, Suite 100, Culpeper VA 22701*